

FAILURE TO MEET *DIETARY GUIDELINES*

(401)

PARTICIPANT TYPE.....PREGNANT, BREASTFEEDING, AND DELIVERED WOMEN AND CHILDREN 24 MONTHS AND OLDER

HIGH RISK.....No

RISK DESCRIPTION:

Women and children two years of age and older who meet the eligibility requirements of income, categorical, and residence status may be presumed to be at nutrition risk based on failure to meet *Dietary Guidelines for Americans*. Based on an individual's estimated energy needs, the *failure to meet Dietary Guidelines risk* criterion is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans).

Note: This risk may be assigned only when a complete nutrition assessment has been completed and no other risk(s) were identified.

ASK ABOUT:

- Participant/caregiver concerns and/or questions about nutrition and feeding
- Access to sufficient food
- Access to ongoing health care and dental care

NUTRITION COUNSELING/EDUCATION TOPICS:

- Guide the participant in choosing healthy foods and age-appropriate physical activities as recommended in the *Dietary Guidelines*.
- Provide anticipatory guidance relevant to the participant's categorical status and relevant to the child's developmental stage.
- Address any concerns raised by the participant/caregiver.

POSSIBLE REFERRALS:

- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or local public health.
- If food insecurity is a concern, refer to other community resources such as food banks, food pantries, soup kitchens, and SNAP (Food Stamps).